

The YRBS is a nationwide survey produced by the Centers for Disease Control and Prevention (CDC) Division of Adolescent and School Health (DASH) to monitor the six critical health behaviors of adolescents: alcohol and drug use, injury and violence (including suicide), tobacco use, nutrition, physical activity, and sexual risk behaviors. The data is collected from students in 9th through 12th grades every two years. In 2007, Kentucky was able to obtain weighted high school data.

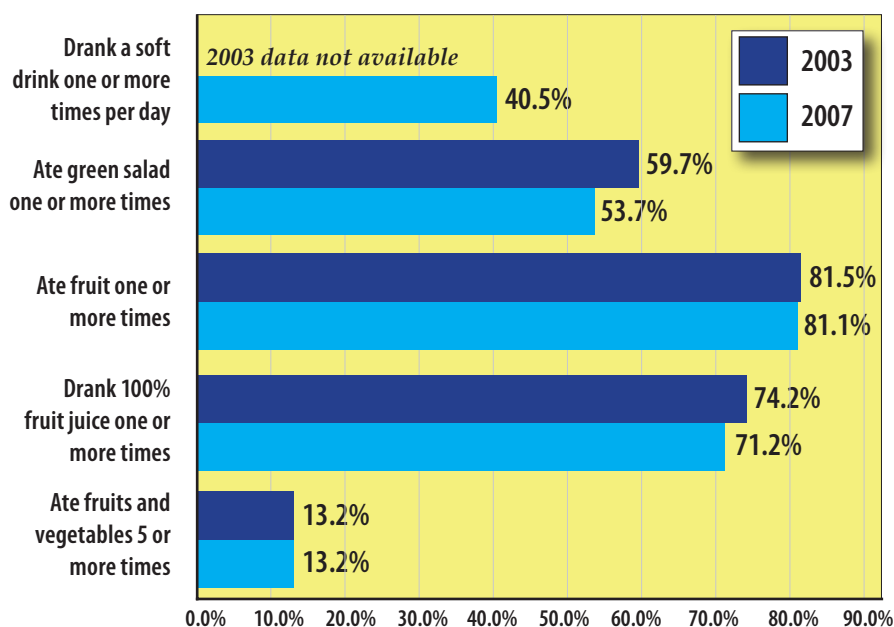
Nutrition

Healthy eating is associated with reduced risk for many diseases, including the three leading causes of death: heart disease, cancer, and stroke. Healthy eating in childhood and adolescence is important for proper growth and development and can prevent health problems such as obesity, dental caries, and iron deficiency anemia.¹ Kentucky has some of the highest rates in the country of students that are obese (15.6%) or overweight (16.4%). Only 13.3% of students are consuming enough fruits and vegetables each day while trying to lose weight in unhealthy ways by taking diet pills, powders, or liquids (8.6%) or by not eating for 24 or more hours (13.7%).

¹ Centers for Disease Control and Prevention. <http://www.cdc.gov/HealthyYouth/nutrition/index.htm>. Retrieved 7/28/08.

Nutrition Trends in Kentucky

The following graph represents the nutrition behaviors of adolescents in 2003 and 2007. Please note that none of the data represent statistically significant changes.



Youth Disproportionately at Risk

- Males (19.7%) were more likely than females (11.0%) to be obese
- Blacks (23.2%) were more likely than whites (15.6%) to be overweight
- Females (83.4%) were more likely than males (78.8) to have eaten fruit one or more times during the past seven days
- Females (82.3%) were more likely than males (76.5%) to have eaten vegetables one or more times during the past seven days
- Both blacks (18.6%) and Hispanic/Latinos (21.8%) were more likely than whites (10.3%) to have bought most or all of their lunch from the vending machines at school one or more of the past seven days

For More Information

For additional KY YRBS data and other YRBS fact sheets, visit the KDE website at: <http://www.education.ky.gov/KDE/Administrative+Resources/School+Health/Youth+Risk+Behavior+Survey.htm>

For national data or more information on the YRBS, visit the CDC website at: <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>